



Kempo Academy of Martial Arts

Grades 1 - 5



Kempo Academy puts a little fun and discipline together in the unique summer camp experience. The summer program will focus on a blend of Kempo, Kung Fu, and Jui Jitsu. The class is structured to aid in forming a balance and harmony within various forms of self defense, as well as teaches the enormous benefits of cross training. We play games that have martial arts lessons and exercise as underlying themes. There are also arts and crafts projects completed each day. Children need to come with a snack and change of clothes each day.

GENERAL PROGRAM INFORMATION

- For children entering grades 1 - 5 in September 2010

Session 1:	July 5 - 9	Monday - Friday	9:00am - 1:00pm	K11
Session 2:	July 12 - 16	Monday - Friday	9:00am - 1:00pm	K21
Session 3:	July 19 - 23	Monday - Friday	9:00am - 1:00pm	K31
Session 4:	July 26 - 30	Monday - Friday	9:00am - 1:00pm	K41
Session 5:	August 2 - 6	Monday - Friday	9:00am - 1:00pm	K51
Session 6:	August 9 - 13	Monday - Friday	9:00am - 1:00pm	K61

Location: Kempo Academy 374B Post Road East, Westport, CT

CANCELLATION LINE

To keep up to date on program cancellations due to inclement weather, please call our **cancellation line, 341-5074**.

EQUIPMENT

A karate uniform is mandatory. This can be purchased directly through the instructor. Besides offering uniformity throughout the class, the uniform allows freedom of movement.

- All participants may be required to wear a mouth guard. This may be purchased through the instructor if needed.
- All male participants may be required to wear appropriate protective gear to prevent injury.

DROP OFF AND PICK UP

For parents who have children in the program, we ask that you be prompt and adhere to the beginning and ending times of the program. Consistent lateness in either dropping off or picking up is cause for the child's dismissal from the martial arts program.

GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are cause for immediate dismissal from the program with no refund.
- At the end of each class, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child if they are a participant.

